

Caring about your Health and Wellbeing

 Protect | Prevent | Support | Promote

Overview

Aim: To highlight the health and wellbeing initiatives available to Monash Health employees:

[COVID-19 Employee Page](#)

[Employee Health and Wellbeing Page](#)

- Individual and Team Support
- Physical Health
- Emotional and Mental Health
- The next 2-3 months continued support
- Information regularly updated



**Range of posters,
guidelines, links to
trusted resources**


**Information from internal
and external resources**


Three categories


- **Individual and team support**
- **Your physical health**
- **Emotional and mental health**



Further Information

**COVID-19**

Save this website 

Employee hotline 

[Home](#) [Employees](#) [Managers](#) [Protecting yourself and others](#) **[Health and wellbeing](#)** [Education](#) [Procedures](#) [Resources](#)

[Individual and team support >](#)

We have pulled together a range of additional resources to help you work through any issues which may arise as a result of dealing with the COVID-19 pandemic.



[Your physical health >](#)

Take time each day for your basic needs so that you are in a better position to stay well and build resilience.



[Emotional and mental health >](#)

When you are responding to a crisis like COVID-19, it is natural to have feelings of stress. Find out more about how to manage these feelings.

Visit the Health and wellbeing section of the Covid-19 website for updates and detailed information



Individual and Team Support

- Call a Psychologist service –confidential and free
- Employee Assistance Program (EAP)
- Tip for looking after yourself during challenging times
- Reputable resources – Schwartz, Beyond Blue, APS, Black Dog
- Wellbeing Posters



Physical Health

Remember the basics – eat, sleep, exercise

- Healthy eating guides
- Advice and guides for exercise
- Getting a good night's sleep
- Tips for maintaining a daily routine and working from home
- Stretching



Emotional and Mental Health

- Information about the mental impacts of a pandemic
- Mental Health online training (Latte)
- Tips for identifying the signs of stress
- Specific Covid-19 resources for anxiety, stress and wellbeing, including material for children



What's coming in the next few months

Upcoming presentations at Employee or Manager forums

Topic	Overview
Physical Health	<ul style="list-style-type: none">• Physical Activity/Healthy Eating - <i>Dietetics</i>• Getting a Good Night's Sleep
Emotional Health	<ul style="list-style-type: none">• Self-Care (Staying emotionally well) – <i>Monash Health Psychology</i>• Mindfulness• Managing Emotional Fatigue – <i>Monash Health Psychology</i>• Living with Ambiguity and Uncertainty – <i>Barry Bloch, Organisational Transformation</i>• Encouraging a “Buddy System” – <i>Barry Bloch, Organisational Transformation</i>
Virtual Health	<ul style="list-style-type: none">• Virtual Team Management and Development - <i>Organisational Development, Culture and Learning</i>• Staying Connected not just in Contact - <i>Organisational Development, Culture and Learning</i>• Motivating Teams - <i>Organisational Development, Culture and Learning</i>• Leading through Recovery – <i>Barry Bloch, Organisational Transformation</i>
Interpersonal Health	<ul style="list-style-type: none">• Listening Loudly - <i>Organisational Development, Culture and Learning</i>• Managing Conflict and Achieving Collaboration - <i>Organisational Development, Culture and Learning</i>• Approaching and supporting others including those in distress – <i>Monash Health Psychology</i>• Sense of Safety (Physical and Psychological) – <i>Monash Health Psychology and Infectious Diseases</i>



**Look after the most
important people:
you and your loved
ones**



Protect | Prevent | Support | Promote



**Monash
Health**